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| **Goonhavern Primary School** |
| **TOPIC: PE** | **YEAR: 6**  | **STRAND: Athletics**  |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| -How to accelerate from a variety of starting positions and select their preferred position.-How to identify their reaction times when performing a sprint start. -To continue to practise and refine their technique for sprinting, focusing on an effective sprint start. -How to select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. -How to identify and demonstrate stamina, explaining its importance for runners. -Improve techniques for jumping for distance.-How to perform an effective standing long jump and perform the standing triple jump with increased confidence.-Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight. -Perform a fling throw. -Throw a variety of implements using a range of throwing techniques.  | Recap, practise and refine an effective sprinting technique, including reaction time.  |
| Build up speed quickly for a sprint finish.  |
| Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.  |
| Accelerate to pass other competitors.  |
| Work as a team to competitively perform a relay.  |
| Confidently and independently select the most appropriate pace for different distances and different parts of the run.  |
| Demonstrate endurance and stamina over longer distances in order to maintain a sustained run. |
| Develop the technique for the standing vertical jump.  |
| Maintain control at each of the different stages of the triple jump.  |
| Develop and improve their techniques for jumping for height and distance and support others in improving their performance.  |
| Perform a heave throw.  |
| Measure and record the distance of their throws.  |
| Continue to develop techniques to throw for increased distance and support others in improving their personal best.  |
| **School Values** |
| **Five Ways to Wellbeing** |

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| **Vocabulary**  |
| Sprint | Faster speed than a run  |
| Hurdles | Barriers to jump over  |
| Trail leg  | Leg that goes last |
| Lead leg  | Leg that goes first  |
| Pace | The speed you are moving  |
| Take off | How you begin a jump  |
| Flight phase | What happens whilst you are in the air  |
| Push throw  | Where the ball is pushed away from your chest  |
| Triple Jump | A jump that combines a hop, step and jump  |
| Pull Throw  | When arm is pulled back to maximise strength in the throw  |
| Vertical Jump | Jumping as high as you can  |
| Heave Throw | Ability to throw heavier objects over a distance  |

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| **Image/diagram that helps me to articulate my knowledge/understanding**  | **Investigate!** |
|  | Practise activities leading up to Sport’s Day Throwing Games: <https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703941/How-high.pdf> <https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703955/long-throw.pdf> Running/Relay<https://www.sportaus.gov.au/__data/assets/pdf_file/0003/703929/Get-the-bean-bag.pdf>  |